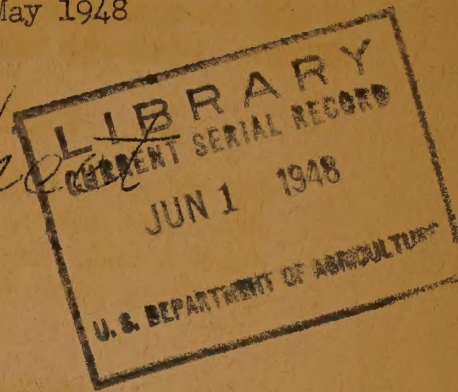


1.956
A 2 P 844
copy 2

UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
Washington 25, D. C.

May 1948

POTATO Fact Sheet



THE SITUATION

A combination of favorable circumstances has resulted this year in a heavy crop of the early potatoes that are harvested from early spring on through the summer. Good weather, heavy fertilizing, increased irrigation, better seed stock, and more intensive use of insecticides and fungicides have all contributed to making this year's crop heavy. These potatoes should be in liberal supply in retail markets throughout the country.

The Department of Agriculture this year will attempt, under its mandatory price-support operations, to keep the lower grade potatoes out of domestic food channels and make the top grades available to consumers. It will also cooperate with the industry in an effort to encourage consumers to use more potatoes, particularly during late May and the month of June, with special emphasis on the period June 17 to 26, inclusive.

DIVERSION

Best current estimate is that there will be available during the period extending to July 1 about 12,000,000 bushels of potatoes above the quantity the market can normally be expected to handle. These potatoes are more perishable than the late varieties and cannot be stored except for a very short period, and are not suitable for export. They must be used promptly. Because of the season, school lunch outlets will be limited and most of the surplus — beyond those potatoes used by United States consumers — will have to be diverted to the manufacture of meal, flour, starch, livestock feed, and alcohol.

EAT MORE POTATOES

Homemakers, operators of food service establishments, and allied industries can help utilize this abundant supply of nourishing food. In a world short of food none that can be utilized should be wasted. A special effort will be made during late May and the month of June to help move more of these potatoes into consumer channels. Producers, members of the distributive trades, the U. S. Department of Agriculture, and farm organizations, as well as others, will cooperate. Emphasis in this concerted effort will be on the excellent quality of these potatoes, and the fact that potatoes are a relatively inexpensive food and one of the best "buys" on the market.

YOUR PART

This effort to move potatoes, to be successful, calls for the full cooperation of all groups concerned, from producers through the channels of trade to consumers. Each can help, in the following ways:

Producer

By shipping potatoes of uniform size and grade. By sending to market only the high quality potatoes with "eye appeal."

Restaurants

By featuring potatoes — by serving them more often in more ways.

Wholesaler

By getting more potatoes into retail outlets prior to and during the peak potato movement.

Allied Industries

By assisting in promoting the sale of potatoes through all means and media available.

Retailer

By attractively displaying potatoes and marketing them efficiently. Also by putting special emphasis on larger than normal quantities, and better quality.

Homemaker

By serving more potatoes more often in more ways.

MERCHANDISING AIDS

Educational and promotional aids to assist in obtaining the greatest utilization possible of these potatoes during the peak period of their movement will include suggested material for house organs and for staffers to be used by public utilities and other organizations, and suggestions for newspaper and radio advertisements.

Complete service will be given the press and radio, and full use will be made of the Department's information facilities.

POTATO FACTS AND RECIPES ^{1/}

Though American in origin, potatoes form the backbone of the diets of a number of other nations. American homemakers, too, often make a potato dish the main part of the meal because potatoes are economical and well-liked.

^{1/} Recipes supplied by the Bureau of Human Nutrition and Home Economics.

Potatoes yield food energy and important minerals and vitamins. They also contain a little protein. This protein, with the small amounts of protein we get from bread and other cereal foods, adds up to a sizable total during the day.

Potato protein is improved when potatoes are served with foods that have high quality protein such as meat, fish, cheese, milk, or eggs.

BUYING POINTS

Best potatoes are firm and clean, are free of cuts, decay, or green spots. Furthermore, there are preferences as to type in line with the recipe followed. These early potatoes are generally waxy and hold their shape, and, therefore, are especially good for salads and for creaming.

COOKING TIPS

The best way to save food values is to cook potatoes in their jackets. And, of the two ways of cooking them in their jackets, boiling conserves more vitamins than baking. So, even if the potatoes are to be served parslied, mashed, creamed, hash-browned, or in salad, start them on their way boiled in their jackets. When raw potatoes are called for as in a scallop or soup, keep the peelings thin.

If potatoes are not to be cooked in their jackets, peel them just before cooking. If allowed to soak, the potatoes lose some of their nutritional value. On the occasions when they must be peeled ahead of cooking time, put them in salted water. Serve them quick-cooked and steaming hot. The longer they stand exposed to air, the more vitamin C they lose. Left-overs should be covered and kept in a cold place until you're ready to use them.

A GREAT SUMMERTIME FOOD

Summertime temperatures call for cool dishes, and potatoes fill the bill beautifully. What, for instance, beats a potato salad on a hot day? Potato chips, too, add to summertime dishes, and are excellent adjuncts to hot-weather beverages.

RECIPES

Meat-Potatoburgers

3/4 pound ground beef	1 teaspoon salt
3/4 cup ground or coarsely grated raw potato	1 egg
1/4 cup ground or grated onion	Drippings or other fat
2 tablespoons chopped green pepper	1 cup tomato juice or puree
	1 tablespoon flour

Mix all ingredients except fat, tomato juice, and flour. Form into 4 or 5 flat cakes.

Brown cakes on both sides in fat in a frying pan. Add tomato juice, cover, and simmer slowly until done -- about 25 minutes.

Remove cakes and keep hot. Mix flour with a little water and stir slowly into tomato juice. Cook slowly, stirring constantly until thickened. Pour over cakes.

Meat and Potato Cakes
(With cooked meat and potatoes)

Combine 1-1/2 cups diced or ground cooked meat, 2 cups mashed potatoes, 1 egg, and 2 tablespoons minced parsley. Mold into flat cakes, flour lightly, and brown in a little hot fat.

Potato and Frankfurter Soup

2 cups diced potatoes	1-3/4 teaspoons salt
1 small onion, sliced	Pepper
1-1/2 cups boiling water	2 cups milk
2 frankfurters	2 tablespoons minced parsley

Cook potatoes and onion in boiling water until soft. Put through a ricer or mash slightly.

Cut frankfurters into 1/4 inch slices.

Add frankfurters, seasonings, and milk to the potato mixture.

Heat thoroughly, add parsley, and serve.

Salami or other luncheon meat, cut in pieces, may be used instead of frankfurters. Allow one slice per person. Or sprinkle the soup with chopped cooked ham before serving. Salt pork, bacon, fresh sausage may be used. Dice or crumble the meat and fry until crisp before adding it to the soup.

Scalloped Potatoes with Liver

6 medium-sized potatoes, sliced	Milk
2 medium-sized onions, sliced	1/2 pound sliced liver
Salt, pepper, flour	

Put a layer of potatoes into a greased baking dish, sprinkle with salt and pepper. Add a few slices of onion. Continue until all are used, making the top layer potatoes. Add enough milk to cover.

Cover the dish and bake in a moderate oven (350° F.) about 40 minutes or until potatoes are almost tender.

Meanwhile, sprinkle liver with salt, pepper, and flour. Brown lightly in a little fat. Cut into small pieces.

Sprinkle liver over potatoes, and continue baking, covered, until potatoes are done.

Cheese, cooked ham, beef, or other meat may be used in place of liver.

Mashed Potato-Meat Pie

Moisten left-over mashed potatoes with hot milk and beat until fluffy. Put in a meat stew in a baking dish, top with the potatoes, and brown lightly in a hot oven (400° F.).

Potato Pancakes with Cheese Sauce

2 cups grated raw potato
1/4 cup milk
1 egg, beaten slightly

2 tablespoons flour
1 tablespoon finely chopped onion
1 teaspoon salt, pepper

Stir grated potato immediately into milk. Add other ingredients.

Drop mixture by spoonfuls into a greased frying pan and cook slowly until well browned and crisp on both sides.

Cheese Sauce

4 tablespoons fat
4 tablespoons flour
2 cups milk

1/2 lb. cheese, shaved thin
(about 2 cups)
Salt and pepper

Melt fat, blend in flour, and add milk slowly. Cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese. Stir until cheese is melted. Season with salt and pepper.

For variety, serve pancakes with ham and egg sauce. Use 1-1/2 cups diced cooked ham and 2 chopped hard-cooked eggs instead of the cheese.

Fried Potato and Egg Scramble

2 slices bacon
4 medium-sized potatoes, sliced thin
1 teaspoon salt

4 eggs, beaten
1/4 cup milk
Pepper

Fry bacon slices and remove from frying pan.

Fry potatoes in the fat, until they are well browned, sprinkling with salt as browning starts.

Cover pan closely. Cook over low heat until potatoes are tender.

Combine egg, milk, and pepper. Pour over potatoes in pan and cook slowly, stirring occasionally, until eggs are set.

Crumble bacon slices and add just before removing pan from heat. Serve at once.

For variety, bits of cooked ham, chipped beef, or any cooked meats may be used in place of the bacon in this recipe. Fry the potatoes in bacon fat or other meat drippings when omitting the bacon. Thin slices of sausages or minced chicken livers are especially good.

Small cubes of cheese or flakes of smoked fish are other welcome additions with their own distinctive savory flavor.

Potato Nests With Eggs

1-1/2 cups left-over mashed potatoes

5 eggs

Salt and pepper

Mix potatoes with one of the eggs. Shape mixture into four balls, place on greased baking sheet.

Press centers of balls to make cups. Break an egg into each cup, season with salt and pepper.

Bake in a moderate oven (325° F.) about 20 to 25 minutes or until eggs are as firm as desired.

For variety, add 1/4 cup grated cheese and 1 teaspoon grated onion or onion juice to the potato mixture.

Bake the potato cups and fill with a mixture such as creamed salmon and peas or creamed chicken and celery.

Mix 3/4 cup chopped cooked ham with 2 cups mashed potatoes; season. Add the yolk of 1 egg and fold in the stiffly beaten egg white. Use this mixture to line a baking dish and bake 30 minutes in a moderate oven (325° F.) until potatoes are slightly browned. Fill the potato "nests" with this mixture, well heated; 1-1/2 cups white sauce, 4 hard-cooked eggs sliced, 1/4 cup chopped cooked ham.